Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the effectiveness of spirituality therapy and mindfulness-based therapy on the meaning of life, basic psychological needs, and religious beliefs in female adolescents in high school.

Protocol summary

Study aim
Comparing the effectiveness of spirituality therapy and mindfulness-based therapy on the meaning of life, basic psychological needs, and religious beliefs in female adolescents in high school

Design
A controlled, unblinded, cluster-randomized clinical trial on 45 patients. The rand function of Excel software was used for randomization.

Settings and conduct
The research sample was selected in such a way that 5 schools were selected from among the secondary school girls in Ahvaz using the cluster sampling method. Then, three classes were selected from these schools. After that, 45 students who met the inclusion criteria were selected from these students. Then, 15 students were randomly assigned to three groups: spirituality therapy, mindfulness-based therapy, and control.

Participants/Inclusion and exclusion criteria
Inclusion criteria for the study include: 1. Informed and voluntary willingness to participate in the study 2. Age range 16 to 18 years Exclusion criteria for the study: 1- Presence of concurrent mental disorders, psychosis spectrum disorders, and substance abuse 2- Participation in other psychotherapy sessions 3- Not being under medication

Intervention groups
The research sample was selected in such a way that 5 schools were selected from among the secondary school girls in Ahvaz using the cluster sampling method. Then, three classes were selected from these schools. After that, 45 students who met the inclusion criteria were selected from these students. Then, 15 students were randomly assigned to three groups: spirituality therapy, mindfulness-based therapy, and control. Delavar (2016) believes that a sample size of 15 students per group is sufficient to obtain valid results in experimental and semi-experimental studies.

Main outcome variables
Spirituality therapy, mindfulness-based therapy, meaning of life, basic psychological needs, and religious beliefs

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250724066621N1**
Registration date: **2025-08-22, 1404/05/31**
Registration timing: **registered_while_recruiting**

Last update: **2025-08-22, 1404/05/31**
Update count: **0**

Registration date
2025-08-22, 1404/05/31

Registrant information

Name
Fatemeh Shakibapoor
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 61 3333 3333
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-08-22, 1404/05/31

Expected recruitment end date
2025-09-16, 1404/06/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of spirituality therapy and mindfulness-based therapy on the meaning of life, basic psychological needs, and religious beliefs in female adolescents in high school.

Public title

Comparing the effectiveness of spirituality therapy and mindfulness-based therapy on the meaning of life, basic psychological needs, and religious beliefs in female adolescents in high school.

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Informed and voluntary willingness to participate in the research Age range 16 to 18 years No severe psychological disorders

Exclusion criteria:

Absence of more than two sessions Participation in other psychotherapy sessions Unwillingness to continue treatment Not being under medication

Age

From **16 years** old to **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

The research sample was selected by selecting 5 secondary school girls using cluster sampling method. Then, three classes were selected from these schools. After that, 45 students who met the inclusion criteria were selected from these students. Then, 15 students were randomly assigned to three groups: spirituality therapy, mindfulness-based therapy, and control. Delavar (2016) believes that a sample size of 15 students per group is sufficient to obtain valid results in experimental and semi-experimental research.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University of Ahvaz Branch

Street address

Unit 2, No. 15, Gol Narges Complex, Phase 2 of Padadshahr

City

Ahvaz

Province

Khouzestan

Postal code

6187756739

Approval date

2025-02-27, 1403/12/09

Ethics committee reference number

IR.IAU.AHVAZ.REC.1403.493

Health conditions studied

1

Description of health condition studied

Basic psychological needs and religious beliefs

ICD-10 code

F88

ICD-10 code description

Other disorders of psychological development

Primary outcomes

1

Description

The present study is an applied research in terms of its purpose and its design will be a quasi-experimental pre-test-post-test with a control group and a three-month follow-up. For this purpose, a pre-test-post-test-follow-up experimental design with a control group will be used. The study was conducted with three groups (spiritual therapy, mindfulness-based therapy, and control group). Before the start of the experiment, questionnaires will be administered to the participants of all three groups. Two experimental groups will undergo group therapy, and during this period, the control group will receive the same treatment. After the treatment periods are completed, a post-test will be administered, and after three months from the last treatment session, the questionnaires will be administered to the participants for the third time (follow-up phase). In the spirituality therapy protocol, individuals in one of the experimental groups in this study will undergo spirituality therapy (Richard et al., 2007) for 8 sessions (one 90-minute session per week). In the mindfulness-based therapy

protocol, individuals in one of the experimental groups will undergo mindfulness-based therapy training sessions (Segal et al., 2002) for 8 sessions (one 90-minute session each week). The sessions were scheduled in the afternoons with prior coordination so as not to interfere with the students' curriculum. All sessions were conducted by two different therapists trained in the two approaches. The control group remained on the waiting list and received a training session after the study was completed to comply with ethical principles.

Timepoint

In the spirituality therapy protocol, individuals in one of the experimental groups in this study will undergo spirituality therapy for 8 sessions (one 90-minute session per week) (Richard et al., 2007). In the mindfulness-based therapy protocol, individuals in one of the experimental groups will undergo mindfulness-based therapy training sessions for 8 sessions (one 90-minute session per week) (Segal et al., 2002).

Method of measurement

The research tools will include: the Meaning of Life Questionnaire by Steger et al. (2006), the Basic Psychological Needs Questionnaire (BSNQ) by Gardy et al. (2000), and the Glock and Stark Religious Beliefs Questionnaire (1965).

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The research sample was selected by selecting 5 secondary school girls using cluster sampling method. Then, three classes were selected from these schools. After that, 45 students who met the inclusion criteria were selected from these students. Then, 15 students were randomly assigned to three groups: spirituality therapy, mindfulness-based therapy, and control. After forming the groups, the subjects were led to special rooms and given questionnaires to measure variables as a pre-test. They were assured that their answers would remain confidential. They were asked to answer the questions confidently and honestly. In the spirituality therapy protocol, individuals in one of the experimental groups in this study underwent spirituality therapy for 8 sessions (one 90-minute session per week) (Richard et al., 2007). In the mindfulness-based therapy protocol, individuals in one of the experimental groups underwent mindfulness-based therapy training sessions (Segal et al., 2002) for 8 sessions (one 90-minute session per week). After completing the treatment period, the experimental group was re-assessed using questionnaires that measured variables as a post-test and finally, one month after the post-test, they were re-assessed .

Category

Treatment - Other

2

Description

Control group: The research sample was selected by selecting 5 secondary school girls using cluster sampling method. Then, three classes were selected from these schools. After that, 45 students who met the inclusion criteria were selected from these students. Then, 15 students were randomly assigned to three groups: spirituality therapy, mindfulness-based therapy, and control. After forming the groups, the subjects were led to special rooms and given questionnaires to measure variables as a pre-test and were assured that their answers would remain confidential. They were asked to answer the questions confidently and honestly. No intervention was performed for the control group. However, to prevent threats to the internal validity of the test, an intervention was administered to them after the end of the study. After the end of the treatment period, the control group was re-assessed with questionnaires to measure variables as a post-test and finally, after one month of the post-test, they were re-assessed.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Girls' secondary schools

Full name of responsible person
Fatemeh Shakibapour

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Unit 2, No. 15, Gol Narges Complex, Phase 2 of Padadshahr

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Pezhman Taghipour Birgani

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Islamic Azad University

Proportion provided by this source
10

Public or private sector
Private

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Fatemeh Shakibapour
Position
Master's student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
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Person responsible for scientific inquiries

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Full name of responsible person
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Position
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Latest degree
Bachelor
Other areas of specialty/work
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Not applicable

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to

make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable